

Health Risk Behaviors Among High School-Aged Youth
National and Montana Comparisons for Intentional and Unintentional Injury

Sources: 2001 U.S. and 2001 Montana Youth Risk Behavior Survey (OPI)

Youth Risk Behavior Survey Data (percent of students who...)	U.S. 2001	Montana 2001
Rarely or never wore seat belts when riding in a car	14.1	19.8
Rarely or never wore motorcycle helmets	37.2	44.2
Rarely or never wore bicycle helmets	84.7	85.1
Rode with a driver who had been drinking alcohol in the past 30 days	30.7	39.3
Drove after drinking alcohol in the past 30 days	13.3	21.8
Carried a weapon in the past 30 days	17.4	21.4
Carried a gun in the past 30 days	5.7	9.0
Were in a physical fight	33.2	31.6
Were injured in a physical fight seriously enough to be treated by a doctor or nurse	4.0	3.6
Were physically hurt by a boyfriend or girlfriend on purpose	9.5	10.3
Were forced to have sexual intercourse	7.7	8.8
Felt too unsafe to go to school at least once in the past 30 days	6.6	5.5
Carried a weapon on school property at least once in the past 30 days	6.4	8.7
Were threatened or injured with a weapon on school property	8.9	8.5
Engaged in a physical fight on school property	12.5	12.2
Felt sad or hopeless almost every day for 2 or more weeks in a row	28.3	26.6
Seriously considered attempting suicide	19.0	19.4
Made a suicide plan	14.8	16.3
Attempted suicide	8.8	10.4
Had a suicide attempt requiring medical attention	2.6	3.7

Unless stated all responses were for during the 12 months preceding the survey.

For more **Youth Risk Behavior Survey** data and reports go to www.opi.state.mt.us/YRBS

Health Risk Behaviors Among High School-Aged Youth
National and Montana Comparisons for Tobacco Use

Sources: 2001 U.S. and 2001 Montana Youth Risk Behavior Survey (OPI)

Youth Risk Behavior Survey Data (percent of students who...)	U.S. 2001	Montana 2001
Ever tried cigarette smoking, even one or two puffs	63.9	66.5
Ever smoked one or more cigarettes every day for 30 days	20.0	23.2
Currently smoke (smoked cigarettes on ≥ 1 of the past 30 days)	28.5	28.5
Currently are frequent smokers (smoked cigarettes on ≥ 20 of the past 30 days)	13.8	14.9
Smoked more than 10 cigarettes/day in the past 30 days	4.1	3.7
Currently use smokeless tobacco	8.2	15.7
Currently smoke cigars	15.2	14.8
Currently use any tobacco product	33.9	37.7
Purchased cigarettes at a store or gas station during the past 30 days	19.1	11.7
Were not asked to show proof of age when purchasing cigarettes during the past 30 days	67.2	58.0
Had smoked a whole cigarette before the age of 13	22.1	25.0
Had used cigarettes on school property in the past 30 days	9.9	10.4
Had used smokeless tobacco on school property in the past 30 days	5.0	9.3

Unless stated all responses were for during the 12 months preceding the survey.

Health Risk Behaviors Among High School-Aged Youth
National and Montana Comparisons for Alcohol and other Drug Use

Sources: 2001 U.S. and 2001 Montana Youth Risk Behavior Survey (OPI)

Youth Risk Behavior Survey Data (percent of students who...)	U.S. 2001	Montana 2001
Ever had at least 1 drink of alcohol	78.2	82.9
Drank alcohol on one or more of the past 30 days	47.1	54.1
Were episodic heavy drinkers*	29.9	41.4
Ever used marijuana	42.4	46.7
Currently use marijuana	23.9	27.1
Had ever tried any form of cocaine	9.4	9.4
Currently use cocaine	4.2	4.0
Had ever used inhalants**	14.7	15.0
Currently use inhalants	4.7	4.2
Had ever used heroin	3.1	4.0
Had ever used methamphetamines	9.8	12.6
Had ever used illegal steroids	5.0	5.3
Had ever injected illegal drugs	2.3	2.7
Drank alcohol before the age of 13	29.1	35.2
Tried marijuana before the age of 13	10.2	12.3
Used alcohol on school property in the past 30 days	4.9	6.9
Used marijuana on school property in the past 30 days	5.4	7.7
Were offered, sold, or given an illegal drug on school property	28.5	29.5

* Drank ≥ 5 drinks of alcohol on ≥ 1 occasions on ≥ 1 of the past 30 days

** Ever sniffed glue or breathed the contents of aerosol spray cans or inhaled any paints or sprays to become intoxicated

Unless stated all responses were for during the 12 months preceding the survey.

Health Risk Behaviors Among High School-Aged Youth
National and Montana Comparisons for Sexual Behaviors

Sources: 2001 U.S. and 2001 Montana Youth Risk Behavior Survey (OPI)

Youth Risk Behavior Survey Data (percent of students who...)	U.S. 2001	Montana 2001
Had ever had sexual intercourse	45.6	43.9
Had sexual intercourse before the age of 13	6.6	5.3
Had four or more sex partners during their lifetime	14.2	13.8
Currently sexually active*	33.4	30.7
Exhibit responsible sexual behavior**	86.1	87.3
Used a condom during last sexual intercourse	57.9	57.5
Used birth control pills before last sexual intercourse	18.2	23.1
Used alcohol or drugs at last sexual intercourse	25.6	32.0
Have been pregnant or gotten someone pregnant	4.7	4.2
Have been taught about HIV/AIDS in school	89.0	90.2

* Sexual intercourse in the past 3 months

**This includes students who had never had sexual intercourse, had had sexual intercourse but not during the past 3 months, or had used a condom the last time they had sexual intercourse during the past 3 months.

Health Risk Behaviors Among High School-Aged Youth
National and Montana Comparisons for Physical Activity and Nutrition

Sources: 2001 U.S. and 2001 Montana Youth Risk Behavior Survey (OPI)

Youth Risk Behavior Survey Data (percent of students who...)	U.S. 2001	Montana 2001
Were at risk for becoming overweight [^]	13.6	11.4
Were overweight ^{^^}	10.5	6.1
Thought they were overweight	29.2	30.1
Were attempting weight loss	46.0	42.0
Ate 5 or more servings of fruits and vegetables/day	21.4	19.4
Drank 3 or more glasses of milk/day	16.4	25.5
Exercised to lose weight or to avoid gaining weight in the past 30 days	59.9	60.1
Ate less food, fewer calories, or foods low in fat to lose weight or to avoid gaining weight in the past 30 days	43.8	39.3
Fasted to lose weight or to avoid gaining weight in the past 30 days	13.5	13.9
Took diet pills, powders, or liquids to lose weight or to avoid gaining weight in the past 30 days	9.2	7.2
Took laxatives or vomited to lose weight or to avoid gaining weight in the past 30 days	5.4	5.4
Participated in vigorous physical activity*	64.6	67.6
Participated in moderate physical activity **	25.5	31.0
Participated in an insufficient amount of physical activity***	31.2	27.8
Participated in no vigorous or moderate physical activity****	9.5	7.0
Participated in strengthening exercises on 3 or more of the past 7 days	53.4	58.3
Watched television 3 or more hours on an average school day	38.3	23.5
Were enrolled in PE class	51.7	52.3
Attended PE class daily	31.2	31.3
Exercised more than 20 minutes during an average PE class	83.4	83.3
Played on sports teams during the past 12 months	55.2	60.1

[^] Students who were between the 85th and 95th percentile for body mass index, based on reference data.

^{^^}Students who were ≥95th percentile for body mass index, based on reference data.

* Activities that caused sweating and hard breathing for ≥20 minutes on ≥3 of the past 7 days

** Activities that did not cause sweating or hard breathing for ≥30 minutes on ≥5 of the past 7 days

***Had not participated in vigorous physical activity for ≥20 minutes on ≥3 of the past 7 days and had not participated in moderate physical activity for ≥30 minutes on ≥5 of the past 7 days.

****Had not participated in either vigorous physical activity for ≥20 minutes or moderate physical activity for ≥30 minutes on any of the past 7 days.